WHAT IS CLAIMED IS:

1. A method for manufacturing an insert for a combustion head gasket includes the steps of: (a) providing a mold apparatus having an upper mold section and a lower mold section, said lower section defining a cavity adapted to receive a blank metal substrate; (b) placing a metal substrate into said cavity; (c) closing said upper mold section against the substrate to hold the insert in place under a first applied force; (d) applying a second force greater than the first to shape the insert; (e) supplying elastomeric material to selected predetermined portions of the blank metal substrate; and (f) curing the elastomeric material.

2. The method of claim 1 wherein said insert is adapted to seal an engine oil flow aperture of said combustion head gasket, said insert including a body portion adapted for registration with the oil flow aperture.

3. The method of claim 2 wherein said insert comprises a metallic body and includes an elastomeric sealing bead bonded to said body, wherein said body is plastically deformed via said application of said second force to shape said insert.

4. The method of claim 3 wherein said insert is manufactured in a single mold process that includes said shaping of said insert body and said molding of said bead.

5. The method of claim 4 wherein said elastomeric sealing bead bonded to said body comprises a sealing portion disposed about a peripheral edge of said body portion of said insert body.

6. The method of claim 5 wherein said sealing body portion of said insert defines a closed loop, and wherein said insert further comprises radially extending arms provided for attachment of said insert to a combustion head gasket.

7. The method of claim 6 wherein at least one of said arms comprises an offset elbow.

8. The method of claim 7 wherein said elbow provides a connection between said arm and a shoulder portion of said insert, wherein said shoulder portion is contiguous with said peripheral edge of said closed loop portion of said insert.

9. The method of claim 8 wherein said closed loop is generally non-circular.

10. The method of claim 9 wherein said mold apparatus comprises die inserts for forming said insert.